

MAY: MENTAL HEALTH AWARENESS

- What Caregivers Need to Know -

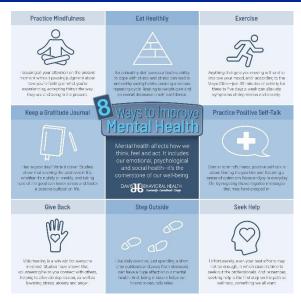
The Basics

Mental Health Awareness Month was started in 1949 with the goal to raise awareness of the impact that mental health disorders can have on the well-being of individuals, children, families, and communities. Click here to learn more!

What can caregivers do to raise Mental Health Awareness?

- Understand the basis of mental health: Our mental health is determined by our biology, life experiences (i.e., trauma), and family history. And it is a key factor in the way we think, feel, and act. Some warning signs that our mental health is suffering can be:
 - Change in sleep habits, sleeping too much or not enough, feeling like nothing matters, experiencing severe mood swings, and Inability to complete daily/routine tasks. Learn more here
- Click on the links here to learn about some common mental health disorders:
 Depression, Anxiety, ADHD, and PTSD (Post Traumatic Stress Disorder)
- Learn how to talk to youth about their mental health.
 - Have frequent conversations, let them ask you questions, and listen and validate their experiences. Learn more <u>here</u>
- Set an example for your family! Take care of your mental health.
 - Set realistic goals/expectations for yourself, take care of your body (healthy food, regular movement, sleep enough), Avoid alcohol and other drugs, Learn more here
- Attend a DC Government sponsored event this month, such as Wellness Wednesdays and Poster Contest. Register <u>here!</u>

Areas to focus on to improve mental health:



Additional Resources

- NPR on Mental Health
- Teen Health Matters
- Youth Mental Health First-Aid
- <u>Check-in</u>, Resources for Parents

